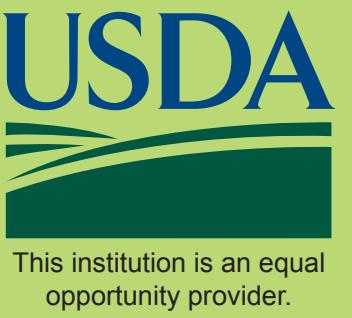


October Harvest of the Month Virginia Grown APPLES



Illustration by Emily Morris, Charlottesville City Public Schools



This institution is an equal opportunity provider.



Try
Virginia Grown
APPLES
at Home!

Health and Nutrition

Apples are low in fat and calories, and they are completely free of cholesterol. They are a good source of fiber to help your gut and they can help keep your body strong!

Apples are high in Vitamin C.

Did YOU Know?

Apples originated in Kazakhstan in Central Asia. Winesap, Gingergold, and Stayman are apple varieties that grow well in Virginia.

Reading Together

Check out
our featured book:
*Up Up Up!
It's Apple-Picking Time*
by Jody Fickes Shapiro

